

Other Means

"I was living and working in Edinburgh. The council were brilliant and helped me in adapting my home to suit my needs following my injury. However, later down the line, I found out that I would have to relocate my entire family to Bristol due to my new job.



The converted bungalow in Easton

I heard about the Aspire Housing Programme from my Occupational Therapist at the Glasgow Spinal Injury Centre. They put me in touch with the Housing Manager, Belinda, who alerted me to a vacant property in my preferred area. It took about a month to move in. Having an accessible bathroom was on the top of my list, followed by an accessible kitchen; I can do everything with ease; cook or clean. The bedroom is brilliant. The adjustable bed and special mattress means I can minimise the chance of pressure sores and look after my skin, which is so important to someone with a spinal cord injury - it's a life saver to be honest with you. Not only has Aspire provided a home for my family and I whilst we find permanent accommodation but they have also been my sole source of information around buying an accessible property. I will definitely be adopting a lot of the same features that are in the Aspire house, once a suitable property is found; it's been an eye opener."

Abdel Essafi—living in an Aspire property in Easton, Bristol, converted with Foundation support—July 2015

The Foundation has awarded Aspire a total of £44,750 to enable the conversion of two properties in Bristol for the use of people with spinal injuries who are entering rehabilitation prior to returning home.



The bungalows in Easton and Hartcliffe are now available for people like Abdel. They allow people coming to terms with serious spinal injury to live in home surroundings with their carer while adaptations are made to their own homes and allows them to learn how to cope with living in a home with their injuries.



The great thing about the role of Volunteer Coordinator is that it has allowed me to get back into work and help others like me with narcolepsy and their families. I definitely feel I have regained some confidence working for the charity. The charity understands my condition and is flexible with when I do my working hours which has enabled me to work effectively. I feel because I have narcolepsy myself, I understand the challenges and limitations faced by others with narcolepsy that come forward as potential volunteers.

The funding of the post from The James Tudor Foundation has meant that I've been able to recruit new volunteers to do things like raise awareness and offer support to people by hosting network meetings. The network meetings are held all over the UK, they provide support for people with narcolepsy and has shown to make them feel less isolated and alone with this disease. I have had some volunteers doing substantial hours in skilled areas of work such as "fundraising analyst" and "database coordinator". Without a dedicated volunteer coordinator it would have been hard to recruit and more importantly retain these volunteers. **Liam Sloan, Volunteer Coordinator, Narcolepsy UK, July 2015**

"We have been given great support by The James Tudor Foundation in funding our autumn conferences in 2014 and 2015. These conferences are invaluable to our work, helping us to bring together people with diverse perspectives on dementia, including scientists, clinicians, carers, campaigners



and people who are themselves living with dementia. The purpose of the conference is to deepen understanding of the condition but also to inspire new work and the cross-fertilisation of ideas among people who might not otherwise meet in this way. The Foundation's support has contributed hugely to the success of this vital aspect of our work." **Mark Poarch, Chief Executive of BRACE Alzheimer's Research, July 2015**



2014 BRACE Conference

We were delighted to receive a grant from The James Tudor Foundation for a Personal Independence Advisor, which has allowed to make a real difference to those disabled or suffering from ill-health by giving them a better quality of life due to an increased amount of income generated by a successful Welfare benefit appeal or renewal. Thank you very much for recognising the value of this work and the difference it can make to people.

Quote from David, a client who benefitted from support from the PIP Advisor- 'Thank you so much – I can now afford to have the heat on'.

Carole Holmberg, Isle of White Law Centre, July 2015

